

Minibassen 29. januar

Oppmøte 15 min før start ved øvelsesstedet

Tid	Øvelse
10.00	J/G 6-9: 60m hk (returhekker 30-50cm-11m/6,5m/6 hekker)
10.13	J10: 60m hk (68cm/11m/6,5m/6 hekker)
10.13	J11: 60m hk (68cm/11m/6,5m/6 hekker)
10.16	G10: 60m hk (68cm/11m/6,5m/6 hekker)
10.19	G11: 60m hk (68cm/11m/6,5m/6 hekker)
10.25	J12: 60m hk (76cm/11m/7m/6 hekker)
10.28	G12: 60m hk (76cm/11m/7m/6 hekker)
10.35	J13: 60m hk (76cm/11,5m/7,5m/6 hekker)
10.39	J14: 60m hk (76cm/11,5m/7,5m/6 hekker)
10.45	G13: 60m hk (76cm/11,5m/7,5m/6 hekker)
10.45	G14: 60m hk (84cm/12m/8m/5 hekker)
10.55	J/G 6-9: 60m
11.07	J10: 60m
11.10	J11: 60m
11.13	J12: 60m
11.19	G10: 60m
11.25	G11: 60m
11.31	G12: 60m
11.37	J13: 60m
11.43	J14: 60m
11.49	G13: 60m
11.52	G14: 60m
12.00	J/G 6-9: 200m
12.16	J10: 200m
12.20	J11: 200m
12.28	J12: 200m
12.36	G10: 200m
12.48	G11: 200m
12.56	G12: 200m
13.04	J13: 200m
13.16	J14: 200m
13.24	G13: 200m
13.32	G14: 200m
Forlat hallen så snart din siste øvelse er gjennomført	